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metroLIFE

Your essential daily news | WEDNESDAY, JANUARY 4, 2017

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REAL ESTATE

Home values surge

Jen St. Denis
Metro | Vancouver

In January 2016, many single-family homeowners were shocked to find their properties had risen in value by 15 to 20 per cent.

But 2017's official assessment values show the party kept right on going in 2016. (The assessments show the market value of a property on July 1, 2016.) Single-family home values increased from 30 to 50 per cent, not just in or near Vancouver but right across the region, from Squamish to Chilliwack, said Jason Grant, regional assessor for BC Assessment.

In January 2016, the assessment showed strata property values lagging behind the booming market for detached homes. Not so for January 2017: condominiums rose 15 to 30 per cent, an increase seen across the region.

Your property tax will only go up if your home value rises greater than the average for your city, Grant said. The 2017 assessment shows values in Vancouver rose an average of 30.6 per cent.

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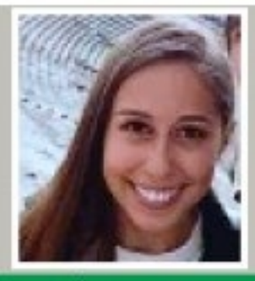

Canadian woman reportedly dead in Italian hiking incident. **Canada**

Researchers find links between gambling, drugs

STUDY

Images light up craving centre of addict brains

Wanyee Li
Metro | Vancouver

Gambling addicts' brains light up in the same way drug addicts' brains do when they are shown images of slot machines, according to a new UBC study.

Participants in the study showed increased activity in the brain's reward network, particularly the insula, which is responsible for bodily sensations, including cravings.

"This region responds to any type of reward. It's the same for food reward or financial reward, or if people take a drug," said lead author Eve Limbrick-Oldfield.

She says this finding could help rehab centres measure the effectiveness of treatments — something that is currently difficult to do because feelings of craving can be subjective.

"The higher they reported their craving when they saw these gambling images, the more insula activity increased," said the UBC psychology researcher.

"This biological marker is a really great way of measuring if a treatment is reducing a craving."

Photos of slot machines, horse-racing posters and lottery cards were used in the study, but TV commercials are likely even more effective in triggering cravings. TED ALJIBE/AFP/GETTY IMAGES

> **I think it might be quite a controversial view, but in the same way that smoking isn't advertised anymore, there is certainly an argument for it to be the same for gambling.**
> Eve Limbrick-Oldfield

This concrete connection between gambling images and a reaction in addicts' brains shows how dangerous advertisements can be for those trying to kick the habit, she said. Limbrick-Oldfield used photos of slot machines, horse racing posters, and lottery cards in the study, but says TV commercials are likely even more effective in triggering cravings.

"They involve sounds, movies, and they really are very exciting and highlight the gambling machines."

It may be time to consider an outright ban on gambling advertisements, she said.

"I think it might be quite a controversial view, but in the same way that smoking isn't advertised anymore, there is certainly an argument for it to be the same for gambling."

Policy makers should consider preventative measures as well and more research needs to be done to better understand how people develop behavioural addictions to things like gambling in the first place, she said.

"We know that gambling behaviour and gambling (images) in this case can activate the (reward) network. But we're not exactly sure how that can become addictive."

But there could be clues in drug-addiction research.

"We also find an increase in this reward network when people are shown cues related to their drug abuse. People who are vulnerable to drug addiction may be vulnerable to gambling addiction as well."

WILDLIFE

Granny orca may have died

An orca considered the oldest of the West Coast's southern resident population is believed dead, a wildlife biologist says.

Brad Hanson of the Seattle-based Northwest Fisheries Science Center said an orca dubbed J2 and also known as Granny has not been spotted since mid-October and is believed to have died.

He said that while some estimates put Granny's age at over 100, researchers determined through a biopsy sample nearly two years ago that she was between her mid-60s and early 80s.

She was considered a matriarch of the J-pod, which is one of three family groups of southern resident orcas.

J-pod now has about 24 members, Hanson said. The movement of the entire J-pod will be of interest to scientists because Granny was seen as leading the group since the 1970s.

Hanson said the J-pod spends most of its time in the northern Strait of Georgia or the western part of the Strait of Juan de Fuca and don't trek very far south to the Washington coast, unlike the K and L pods, which also venture as far as California.

The Center for Whale Research in Washington state said in a statement on its website that it does not know what killed Granny and that she was the eldest within the three family pods of endangered southern resident whales.

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Top spot for green canopy refreshing

Treepedia's analysis of Vancouver's tree-canopy using Google Street View. SCREENGRAB

FORESTRY

Densification could threaten ranking, says one expert

Wanyee Li
Metro | Vancouver

A new analysis of trees in major cities around the world puts Vancouver at the top of the list for the largest green canopy.

Researchers at Massachusetts Institute of Technology used Google Street View to calculate tree canopy from a human point of view, as opposed to the more common way, from a bird's-eye view. According to the interactive platform, called Treepedia, Vancouver scored 26 per cent — far ahead of Geneva's 21 per cent and neighbouring Seattle's 20 per cent.

The City of Vancouver's own bird's-eye-view calculation of its tree canopy marks it as 18 per cent, making Treepedia's results somewhat surprising, said one UBC urban forestry professor.

"It's surprising to some extent because Vancouver has had an issue with canopy cover. It is below 20 per cent and falling," said Cecil Konijnendijk.

But the street-level analysis of tree coverage is a refreshing perspective — and an important one — considering the benefits seeing trees have on people's health, he said.

"There's quite a bit of research coming out now that says not only is it important for us to use green spaces, but also to have visual access to green spaces," he said. "It is important for us to see trees from our window and at work. It can lower our stress levels."

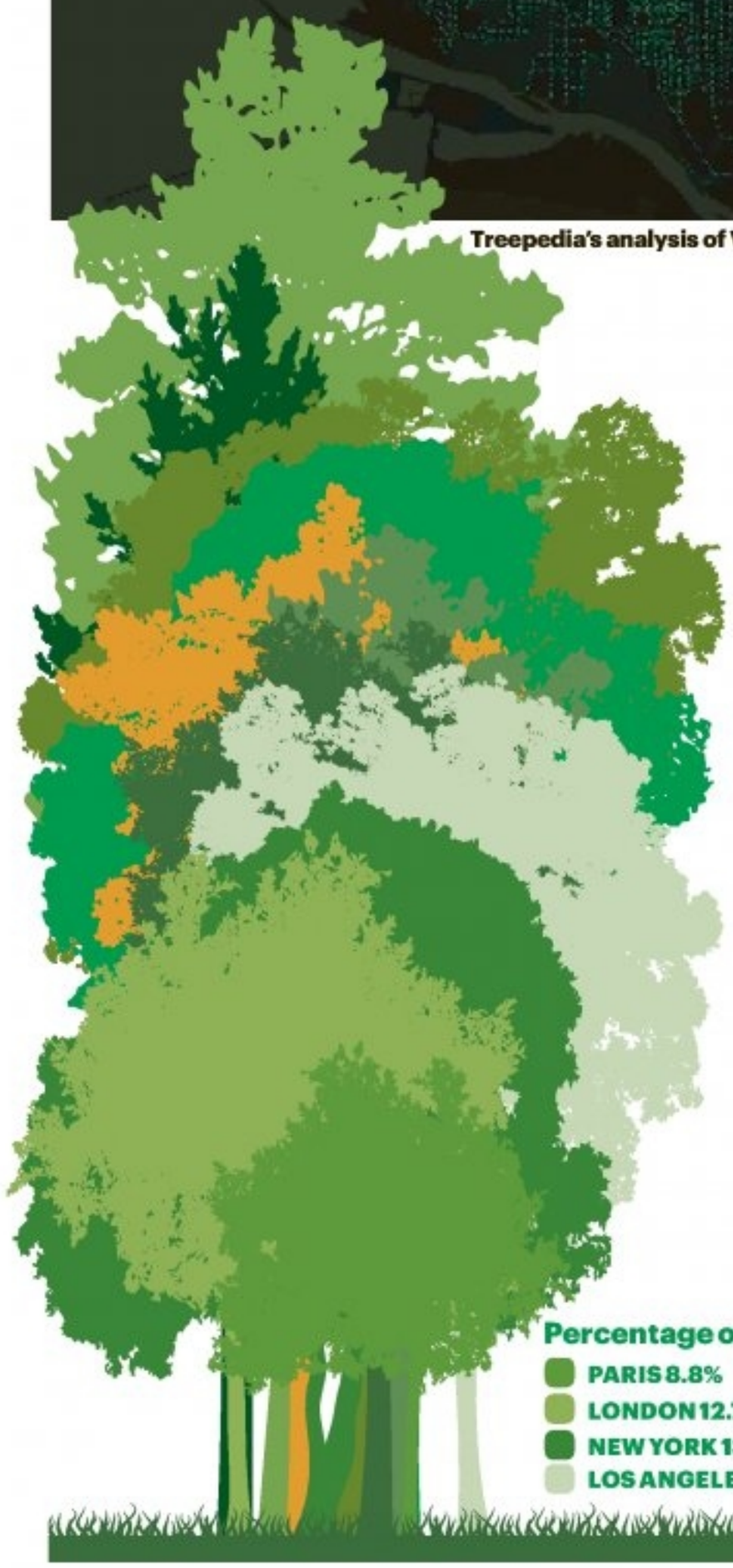
The City of Vancouver has planted 47,000 trees since 2010, according to its Urban Forestry Strategy.

But while Vancouver is located in a rainforest, Konijnendijk warned that urban densification can still put a dent in its tree canopy.

Trees on private property are especially vulnerable as the city continues to densify, he said.

"As a consequence, there are fewer trees, especially private trees, garden trees."

Vancouver homeowners were able to remove one tree from their lot every year until city council changed the tree protection bylaw in 2014.



Former Vancouver Olympics CEO John Furlong and Renee Smith-Valade leave B.C. Supreme Court in Vancouver in June 2015. JONATHAN HAYWARD/THE CANADIAN PRESS

UBC

President 'regrets' cancelling Furlong

University of British Columbia president Santa Ono has apologized for the school's decision to cancel a planned speech by former Vancouver Olympic CEO John Furlong.

Ono said in a statement Tuesday he "deeply regrets" the university's choice, which he said was made without his knowledge or the knowledge of its board of governors. The decision-making "did not meet the standard he is eager to instil," he said.

"While some take issue with Mr. Furlong, he also has a great number of supporters in the community, and there can be no question over his record of public service and his extraordinary contributions to amateur sport, to B.C. and to Canada," Ono said.

> **"It really shows how clueless they are about the issue of violence against aboriginal people."**
> Glynnis Kirchmeier

The university removed Furlong as keynote speaker from a February fundraising event for student athletes last month, after graduate Glynnis Kirchmeier circulated an open letter critical of him.

But the decision to pull Furlong — and replace him with Ono as speaker — was met with a public backlash. Some social-media users who identified themselves as long-time supporters of the university threatened to stop donating to UBC.

Furlong has steadfastly denied allegations in a 2012 Georgia Straight newspaper article that he beat and taunted First Nations children while teaching at a northern B.C. school in 1969 and 1970.

He dropped his defamation lawsuit against journalist Laura Robinson, so the allegations have not been tested in court.

Furlong accepted Ono's apology in a statement. He said UBC had recognized that its decision caused him and his family "deep hurt and embarrassment."

University spokeswoman Susan Danard said Furlong had not been invited back to speak at the February event. A review of the decision-making process is underway, and following that review, he could be contacted for future events, she said.

Ono said in his statement that the decision was made in good faith, albeit without proper consideration of its impact on Furlong or his family.

Kirchmeier, who has filed a human-rights complaint over the university's handling of campus sexual assaults, said in her open letter last month that inviting Furlong to speak was at odds with UBC's commitment to reconciliation with First Nations people.

She said in an interview that she was outraged by Ono's apology. Kirchmeier said it appeared the university cancelled Furlong's speech to avoid controversy, but now that the cancellation has caused controversy, administrators are scrambling in the other direction.

"It's really appalling, and it really shows how careless they are about the issue of ... violence against aboriginal people. Everything they say they care about is just a fabrication."

THE CANADIAN PRESS

City vows to tackle 'Icecouver'

WEATHER

Staff to be redeployed to deal with icy streets

Jen St. Denis
Metro | Vancouver

You've seen the photos of people ice skating on some Vancouver roads — now the city is promising to devote more attention to the smaller residential streets, which are covered with several inches of thick ice in many neighbourhoods with nary a speck of salt or sand to be seen.

"We've essentially shut down our construction crews ... and we've redeployed those crews," said Jerry Dobrovolny, general manager of engineering. It's a departure from the city's normal policy of concentrating on the arterial streets.

The city is also devoting 50 more staff to enforce a bylaw that requires property owners and tenants to clear sidewalks by 10 a.m. following a snowfall.

Christa Giles cycles on a slippery Mount Pleasant street on Tuesday. JEN ST. DENIS/METRO

"There are some problem areas, particularly strata councils and businesses in commercial areas, that haven't cleared their sidewalks and that's creating some real problems," Dobrovolny said.

At a deceptively treacherous spot on 23rd Avenue near Main Street, David Fanthorp was standing guard, warning oncoming pedestrians: "I've already seen two people fall here."

> **I've already seen two people fall here.**
> David Fanthorp, at 23rd & Main

Wearing her baby in a cloth carrier, Jessica Iverson said she was walking with extreme caution and avoiding some particularly bad streets entirely.

Christa Giles was making her way, by wobbly fits and starts, on her bicycle down an icy tire track in Mount Pleasant. A few blocks away, a driver in a small white car attempting to turn right simply slid slowly into the curb.

A total of 300 city workers have been redeployed to work on clearing the side streets and to help sanitation crews clear a backlog of garbage and green bin pickup, Dobrovolny said.

In December, the city's 311 information line received 1,636 calls to report violations of the snow-clearing bylaw. Between 85 and 90 per cent of property owners comply after getting a warning, although court action has now been started against the owners of 36 properties, Dobrovolny said.

Iverson said that while she's often thought about reporting property owners who don't clear sidewalks, she has yet to follow through.

But for frustrated residents, making a complaint may be the best way to get action. Dobrovolny urged residents to report problems to 311 or using the city's app, VanConnect; the city then uses that information to determine where to deploy resources.

The city will also provide free salt that residents can pick up at fire halls around the city. But Dobrovolny warned that when temperatures are below zero, salt won't work to clear ice and sand is the better option.

Province reviewing homeowner grant

With some B.C. homeowners facing big increases in their property-value assessments the provincial government is looking at whether it needs to help ease the resulting tax burden.

The Ministry of Finance says it's reviewing who qualifies for its Home Owner Grant program, which helps reduce property taxes. To qualify for the grant the assessed value of a homeowner's property must be less than $1.2 million and the ministry says it is looking at whether to raise the threshold.

Provincial property assessments from 2016 were posted online this week by the B.C. assessment authority, which announced last month that homeowners can expect values for single family homes in much of Metro Vancouver to jump between 30 and 50 per cent from last year. The basic provincial grant is $570 for homes worth $1.2 million or less, dropping to $0 for homes worth $1.35 million or more, which the ministry says covers 91 per cent of homes in B.C. THE CANADIAN PRESS WITH FILES FROM METRO

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TRAGEDY ABROAD

Ontario woman killed in Italy

A young Ontario woman who had recently moved to Europe with her fiancé died on New Year's Day after falling off a mountain path during a hike near the Italian-Austrian border.

Chelsea Rebecca Alvarez was hiking on Jan. 1 in a mountainous area in the South Tyrol region of northern Italy, when she reportedly slipped off a path and fell onto rocks in a valley below, local media reports said.

The 24-year-old died instantly, the reports said, and rescue teams recovered her body from the area.

Those who knew her said Alvarez had moved to Italy about six months ago with her fiancé, Colin Behenna, a former Ontario Hockey League player who signed a deal to play for the Sterzing Broncos team based in northern Italy.

A number of Canadians have died abroad in recent days:

1 **Clinton Munkittrick** of Sherbrooke, Que., died in Thailand after a New Year's Eve party on the island of Koh Phangan, according to Global Affairs Canada. A news outlet said there were high waves during the event.

2 **Alaa Al-Muhandis** of Milton, Ont., was killed in the New Year's attack on an Istanbul nightclub. Media reported that Al-Muhandis was a 29-year-old mother of two.

3 **A 10-year-old girl** died Christmas Eve after falling ill aboard a transatlantic Air Canada flight. The Toronto-to-London flight diverted to Shannon, Ireland, after the child suffered a medical problem.

4 **Linda Vatcher,** 62, of Corner Brook, N.L., was killed Dec. 18 during a shooting ambush in Karak, Jordan.

THE CANADIAN PRESS

Laura MacLeod will bake treats each month of the sesquicentennial. JEFF HARPER/METRO

Canada, land of the sweets

BIRTHDAY BASH

Bakery's tasty treats celebrate each province and territory

Yvette d'Entremont
Metro | Halifax

A bakery in Halifax has hit on a tasty way to celebrate Canada's 150th birthday.

For each month of 2017, the Old Apothecary will feature classic desserts from each Canadian province and territory.

People are being encouraged to share their favourite recipes that best capture the regional flavours of the parts of Canada they love in return for a gift card and public acknowledgement.

First up for the month of January is Newfoundland and Labrador. Desserts from that province will be served starting Wednesday. Partridgeberry squares and snowballs are just two of the Newfoundland-inspired items that will appear on the menu over the next month.

Owner Laura MacLeod said she baked up the idea for a Canada-themed 2017 on New Year's Eve while thinking about changes to her menu.

She asked people via social media to send in their favourite recipes from across Canada, and so far she hasn't been disappointed.

"Out of the gate people were saying 'I love this idea.' It was fun to see immediately what came in and to realize I knew absolutely none of the recipes that were coming in," she said.

"This is going to be a great way to learn about the baking history of Canada and what it means province by province. I just thought it would be fun because I know what my grandmother's cookbook looks like, and I'm sure that everybody's got one."

Although she still hasn't mapped out which provinces are being represented when, Quebec is happening next month to take advantage of its renowned maple syrup.

"I'm going to cherry pick Nova Scotia's so that we get our strawberry shortcake, so we'll get strawberry season," she said.

"I'm going to try to pay attention to seasonality as much as possible. I realize that's a tricky thing to do in Canada."

With 10 provinces and three territories to cover over the year, MacLeod said she may have to squeeze two territories into one month.

Although she's still ironing out the finer details, MacLeod's excited about the initiative and is encouraging people to start sending in their favourite recipes representing all of Canada's provinces and territories.

"We know people from Nova Scotia are from everywhere because we talk to them every day. We have Newfoundlanders, we have people from Quebec, from Ontario, from B.C., Alberta," MacLeod said.

"I'm really excited about learning. I think there will be a lot of that happening for many of us this year."

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UPPER BIG TRACADIE

Four dead in rural Nova Scotia home

Philip Croucher
Metro | Halifax

Police in Nova Scotia have made a grisly discovery with the bodies of four people being found inside a home.

The RCMP say they were called to a residence in the rural community of Upper Big Tracadie in Guysborough County around 6 p.m. Tuesday.

"Upon arrival officers located four deceased individuals inside a residence. Based on the preliminary investigation the RCMP want to advise there is no risk to the public," a police statement read at 9:40 p.m.

In an interview later, RCMP spokeswoman Cpl. Jennifer Clarke said it's a "developing" and "complex situation" and that more details would be released when they became available.

She said she didn't know the age or gender of the victims.

MAIL

Identity theft on the rise

Kevin Maimann
Metro | Edmonton

Ignore your mailbox at your own peril. Canadians are having their identities stolen at record rates as they leave important envelopes piling up in front of their doors. The Canadian Anti-Fraud Centre (CAFC) is reporting that it received seven times more complaints of mail-forwarding fraud in 2016 than in 2015.

"People aren't paying too much attention to their mail anymore," said Lisanne Roy Beauchamp, with CAFC.

A perpetrator of mail-forwarding fraud will impersonate their victim using stolen information lifted from physical mail or through online and phone scams, and have the victim's future mail re-routed to a different address.

The victim won't realize they have been targeted until they get a slip in the mail from Canada Post saying their address has been changed. The centre received 479 complaints of forwarded or re-routed mail in 2016, compared to 63 complaints in 2015.

Nearly 7,000 Iraqis killed

MIDDLE EAST

2016 casualties 'have to be considered a minimum': UN

Violence claimed the lives of at least 6,878 civilian Iraqis last year, the United Nations said on Monday, as the Iraqi government struggles to maintain security and to dislodge Daesh militants from areas under their control.

The UN Assistance Mission for Iraq, known as UNAMI, said its numbers "have to be considered as the absolute minimum" as it has not been able to verify casualties among civilians in conflict areas, and of those who lost their lives due to "secondary effects of violence ... due to exposure to the elements, lack of water, food and health care."

UNAMI said in a statement that 12,388 other civilians were wounded in 2016. It added that last year figures didn't include casualties among civilians in Iraq's western Anbar province for the months of May, July, August and December.

At least 7,515 civilians were killed in 2015, UNAMI reports.

The monthly UN casualty report for December 2016 showed that a total of 386 civilians were killed and another 1,066 were wounded. The worst affected area was the northern province of Ninevah, where government forces are fighting to retake the Daesh-held city of Mosul, with 208 civilians killed and 511 injured. Baghdad came next with 109 killed and 523 injured.

Daesh has claimed responsibility for a string of bombings in Baghdad that have killed more than 50 people in the last week.

The deadliest Daesh attack was in July when a massive suicide bombing in a bustling market area in central Baghdad killed almost 300 people, the bloodiest single attack in the capital in 13 years of war.

THE ASSOCIATED PRESS

ALL PHOTOS CONTRIBUTED

RESCUE

Toddler saves twin brother

A two-year-old boy in Utah was caught on a nanny cam saving his twin brother by pushing a fallen dresser off him. The boys' mother, Kayli Shoff, tells KUTV-TV that she didn't hear the dresser falling and only saw what happened on video.

1 Two-year-old toddler twins play around by a dresser.
2 The dresser suddenly falls on one of the twins.
3 The other twin bravely manages to manoeuvre the dresser off his brother.

THE ASSOCIATED PRESS

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metro VIEWS
Your essential daily news
Wednesday, January 4, 2017

URBAN ETIQUETTE ELLEN VANSTONE

THE QUESTION

When a dinner guest sends a 'thank you' email and copies everyone on the list, how am I expected to respond?

Dear Ellen,

I sometimes take people to lunch, and they always thank me. Some of my lunch guests follow up with "thank you" emails afterwards, which I find excessive. Am I supposed to email back and say "you're welcome"?

I also have a question about dinner parties. The day after I attend one, another guest will inevitably send a thank you note and copy everyone on the guest list. This sets off a long thread of thank yous, which I find very distracting and time-consuming, but I don't want to appear rude. What is the etiquette here?

Exhausted by emails

Dear Exhausted,

I think we're all exhausted by emails at this point. Unfortunately, some people don't know when to quit when they get into an email spiral of thanking hosts, complimenting each other, or accusing a presidential candidate of not using the right server. (I note with interest, by the way, that no one seems to give a smiling poop about Hillary's emails anymore. I guess they didn't fatally endanger the republic after all. Oh well!)

But when it comes to thanking someone for a meal, I have to say that I do approve of sending a formal email afterwards. If your guest sends you a quick "thanks for lunch" email, you don't have to respond, but an equally quick "my pleasure!" would not go amiss.

Group email rituals sometimes turn into a competitive sport as everyone piles on with geysers of gushing gratitude.

As for a full-blown dinner party, if you've been to one, you must follow up with a thank you phone call or note regardless of email-chain hazards from other over-exuberant guests.

In the olden days, the day-after phone call was more common. And for some of us hosts, that day-long marathon of dinner-dissecting conversations was as pleasurable as the dinner party itself (sometimes even more so, truth be told). As a host, I've also been the delighted recipient of hand-written cards sent by post, and even, on occasion, a flower delivery.

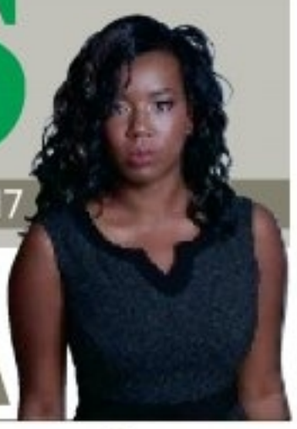
Any of those approaches are still acceptable, but an email is also fine. Just be sure to take a few minutes to write a proper message with a compliment or two about the home, or food, or guest list, which is the least you can do after someone has slaved over a hot stove, or credit card, opened their home and lavished a free meal on you.

Regarding the post-dinner-party endless-email thread, believe me, I know how annoying it can be. As a writer with numerous writer friends, I've been subjected to group email rituals that sometimes turn into a competitive sport as everyone piles on with geysers of gushing gratitude, witty retorts, double entendres, and jocular insults, veiled or otherwise.

If I'm not in the mood for all those shenanigans, I just send a separate, private email to the host(s), and ignore the endless email chain from everyone else. But I'd never tell anyone not to indulge — if you are in the mood, it's fun to keep the dinner party conversation going. And don't forget the host on the receiving end. The endless email chain is a ultimately testament to them, and they deserve every word of it.

Need advice?
Email Ellen:
scene@metronews.ca

VICKY MOCHAMA



Temporary foreign workers need same rights as citizens

They cook for us. They take care of our children. They pick the food that fills our kitchens.

Yet Canada's temporary foreign workers are required to stay that way — temporary — no matter how much they contribute or for how long they serve this country. Currently, it's a state of affairs that is ripe for abuse. The workers' rights are often curtailed because of their singular place in our system of labour and immigration. Abuse is far too prevalent.

Under the temporary foreign worker visa program, workers have little recourse to hold their employers accountable. The program precludes them from most employment standards laws: they cannot ask for breaks at work, they do not get holidays and are not paid for overtime.

For women, especially, the lack of protection is a clear and present danger. In 2015, a Mexican woman won a human rights tribunal case against Presteve Foods after enduring sexual harassment, solicitation and discrimination from her employer. Another woman was, according to CBC News, sent back to Mexico for refusing the same employer.

For migrant workers, the penalties are also financial. In Leamington, Ont., three men extorted money from workers by charging them a series of fees for accommodation, travel and procuring the work visas. The fees were in the thousands. The documentary Migrant Dreams by Min Sook Lee follows the migrants and their supporters as they work to put together a case against their extortionists.

Foreign workers have one more extortionist to worry about: the government of Canada. They are required to pay into Employment Insurance; however, they are not eligible to receive EI. When farmworkers are laid off at the end of each season, they do not receive any of EI's benefits or even a refund.

The problem is in the nature of the program. Defining whole groups of people as "temporary" makes them susceptible to these abuses. The federal government recently took a positive step by eliminating the "four-in, four-out" rule, which required foreign workers to leave or not work while in Canada for four years after four years employment within the country.

Workers who come to Canada to fill necessary gaps in a range of industries should be granted access to citizenship. The corollary to the generosity that led Canada to bring in 25,000 refugees is a fairness that says: if you serve the nation, you deserve a chance to be a part of it. In the hundreds of thousands of migrants who have come to Canada over the 40-plus years of the program's existence, we already have a pool of future citizens who are ready and willing to do the work of being productive Canadians.

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Your essential daily news

Wednesday, January 4, 2017

Janet Jackson gave birth to her first child Tuesday, at the age of 50. The singer welcomed a baby boy, named Eissa.

Food that makes you happy

RECIPE

Meals to help you eat well and feel well

This time of year is full of listicles and slide shows pointing out "superfoods" that people should be eating for a happier new year. A quick Google search for "foods that make you happy" yielded 13.5 million results ranging from raw nuts to kale and spinach to chocolate.

The foods listed are usually chosen for being high in a vitamin, mineral or amino acid that's vital for the body to function, though whether food alone can boost a person's mood hasn't been definitively proven in clinical studies. Heck, if kale alone could boost our moods we would all be chugging kale juice after the disastrous events of 2016.

"Food is complex and that's often forgotten," says Timothy Caulfield, professor and research director at the University of Alberta's Health Law Institute. "Food is made up of a ton of chemicals and that makes it tough to make definitive statements about foods producing a particular mood that's good or bad."

Still, Caulfield points out numerous studies done around the world that associate a healthier, balanced diet with a better mood — especially when that balanced diet also satisfies hunger (We all know from personal experience the idea of "hangry," a portmanteau of hungry and angry).

Here are three recipes to help you eat well — and feel well — in 2017.

Hotpot For One

Makes one serving

"If you are hungry you may have less concentration and get more angry easily," writes professor at U of T's department of Nutritional Sciences and Medicine David Jenkins in an email.

So how do you keep yourself full and focused?

Health Canada recommends filling half of your plate with veggies at dinnertime as a good guideline to ensure a balanced meal rich in nutrients and fibre, which keeps the stomach feeling satiated and your digestive system happy.

This warming bowl of veggies, tofu and buckwheat noodles in a spiced vegetable broth should help keep your stomach — and mind — happy.

Ingredients:

- 2 cups (500 mL) vegetable broth, plus more to boil vegetables
- 1/4 tsp (1 mL) soy sauce, or to taste
- 1/4 cup (60 mL) thinly sliced carrot
- 1 handful watercress
- 2 button mushrooms, thinly sliced
- 5 oz (140 g) extra firm tofu cut into small cubes
- 3-1/4 oz (90 g) soba noodles or your soup noodle of choice

Directions:

1. In a medium saucepan, bring vegetable broth to a boil. Add soy sauce. Add carrots, watercress, mushrooms and tofu. Add more broth if necessary to cover ingredients. Cook until vegetables are tender. Add noodles and continue to boil until just al dente.

2. Transfer to serving bowl and serve immediately.

BALANCED DIET
Numerous studies show North Americans eat too much salt, and not enough potassium. One banana has 422mg of potassium — that's 9 per cent of the amount needed per day.

Sunshine Chopped Salad

Makes one serving

If you've overloaded on salty turkey and ham over the holidays, your taste buds might crave something more acidic and bright such as zesty citrus fruits. Early explorers went through the same thing, although their situation was a little more extreme: their bodies were deprived of vitamin C after sustaining on nothing but dried meats, and they were suffering from scurvy.

Though scurvy is rare these days, a brightly coloured salad — with lots of texture, healthy fats, lean protein and tart acids — may help you feel more balanced. It also helps that we like to eat with our eyes and are drawn to colourful plates rather than a bowl of grey mush.

This take on the classic cobb adds chunks of oranges and subs in a lighter-tasting grilled chicken for bacon.

Ingredients:

- 4 oz (115 g) boneless, skinless chicken breast diced into 1-cm cubes
- Salt and pepper, to taste
- 2 cups (500 mL) chopped green leaf lettuce or lettuce of your choice
- 1 hard-boiled egg, chopped
- 1/2 avocado, seeded, peeled and diced
- 1/2 cup (125 mL) peeled and diced beet
- 1/2 orange, cut into segments with seeds, skin, pith and membranes removed
- Olive oil, to taste
- Balsamic vinegar, to taste

Directions:

1. In an unoiled skillet over medium high heat, sauté chicken until fully cooked and browned. Season with salt and pepper to taste. Set aside.

2. In a salad bowl, sprinkle chopped lettuce on bottom to form an even bed. Top with lines of chopped egg, avocado, beet, orange and cooked chicken. Drizzle with olive oil and balsamic vinegar to taste. Serve immediately.

Hot Chocolate Coffee

Makes one serving

The placebo effect of comfort food comes down to one thing: nostalgia. Caulfield says we associate certain food with memories — think chocolate with childhood birthday cake — and that's one reason why a square of the dark stuff can put a smile on your face, as it reminds us of all the good times experienced when chocolate was around.

The same logic applies to other comfort foods such as pizza, mac and cheese, cake — foods that people are more likely to have when they were children or during celebrations.

A dash of cocoa powder in your morning coffee might just hearken you back to snow days on your morning commute.

Ingredients:

- 1-1/2 cups (375 mL) freshly brewed hot coffee
- 1 tbsp (45 mL) unsweetened cocoa powder
- 1 tbsp (45 mL) granulated sugar
- 1 tbsp (45 mL) milk or cream

Directions:

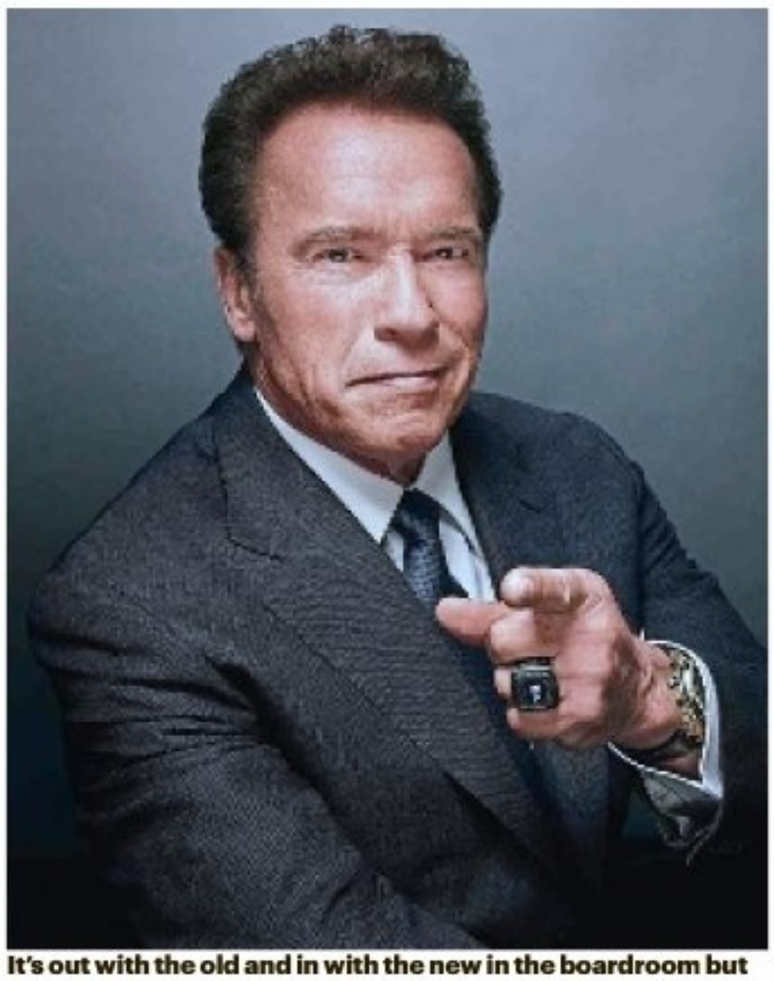
1. Fill a large mug or pot with coffee and stir in cocoa powder, sugar and milk. If coffee isn't hot enough to completely dissolve cocoa powder, whisk everything together in a small saucepan over low heat.

2. Serve immediately.

TORSTAR NEWS SERVICE

JOHANNA SCHNELLER **WHAT I'M WATCHING**

'He's like a block of wood that's been taught to bark'



It's out with the old and in with the new in the boardroom but Arnold Schwarzenegger's German quips are about the only welcome addition to The New Celebrity Apprentice. HANDOUT

THE SHOW: The New Celebrity Apprentice, Season 1, Episode 1 (NBC)
THE MOMENT: Here's Schwarzenegger!

In the boardroom, two teams, including Porsha Williams (a Real Housewife of Atlanta whose many IMDB credits are all as "Herself") and comedian Jon Lovitz, face down their "boss," actor and former California governor Arnold Schwarzenegger.

"Jon, we know each other a long time," Arnold says. "But in here you call me Governor." Lovitz provides the appropriate "Boing!" reaction shot.

Porsha natters on about why her team lost. Arnold leans over to his "business adviser," his Munich-born nephew, Patrick Schwarzenegger, and growls, "She never stops talking" — in German.

At episode's end, he puffs on a cigar, indoors, breaking California law.

This is the "new" apprentice, and a few things are new. The host. The location, Los Angeles instead of New York. The catch phrase, "You're terminated," instead of "You're fired." (Arnold threw in an "Hasta la vista, baby," for added fun.)

Not new, however: the scraping of the bottom of the barrel for "celebrities" (half the cast come from other reality shows); the nepotism (Arnold's wholly-unknown nephew replaces Donald Trump's kids); the stilted boardroom "altercations."

You'd hardly call Arnold expressive in his acting career, and he's even less so here. He's like a block of wood that's been taught to bark. I do hope he makes those asides in German a regular thing, though; that was a real Dr. Evil moment.

Also not new: Though NBC fired Trump for his previous moral failings, he remains executive producer — one of the many conflicts of interests he's blithely unconcerned about fixing before he commandeers his new boardroom in Washington, D.C.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.

TELEVISION

Kelly leaves Fox News to join NBC

Megyn Kelly will host a talk show as part of her new role on NBC News. GETTY IMAGES FILE

Megyn Kelly, the Fox News star who's had a contentious relationship with President-elect Donald Trump, said Tuesday that she's leaving the network for NBC News, where she will host a daytime talk show, a weekend newsmagazine and contribute to breaking news coverage.

NBC News made the announcement Tuesday, ending months of speculation over whether she would re-up with Fox, where she has flourished while suffering bruised feelings in recent months, or start a new chapter in her career. Her contract with Fox expires this summer. It was initially unclear when she would leave the Fox airwaves and appear on NBC.

Kelly's departure deprives Fox News of its second-most-watched host, behind only Bill O'Reilly, and a hole at 9 p.m. in its prime-time lineup.

"While I will greatly miss my colleagues at Fox, I am delighted to be joining the NBC News family and taking on a new challenge," Kelly said in a message on Twitter on Tuesday.

Kelly became one of Fox's hottest properties and a flashpoint in the presidential campaign after Trump objected to her questioning in the first Republican presidential debate a year and a half ago. He tweeted angry messages about her and boycotted another Fox debate after the network refused to replace her as one of the debate moderators.

She also became a central figure in the downfall of former Fox News chief Roger Ailes, telling in-house investigators of inappropriate conduct by Ailes that supported women who had made similar accusations.

Details about Kelly's new jobs at NBC will be revealed in upcoming months, said Andrew Lack, chairman of the NBC Universal News Group.

THE ASSOCIATED PRESS

RIGHT-WING READS CAUSE UPROAR

Jones slams Milo book deal

Leslie Jones sees no excuse for giving a book deal to the far-right commentator and Breitbart editor Milo Yiannopoulos, who on Twitter last year so viciously harassed the Saturday Night Live and Ghostbusters star that he was banned from the social media site.

On Twitter Jones dismissed a statement from Simon & Schuster defending the widely criticized deal for Dangerous, a March release that has ranked high on Amazon.com since its announcement.

Responding to Simon & Schuster, Jones (pictured) wrote that "you still help them spread their hate to even more people."

THE ASSOCIATED PRESS

Mein Kampf tops the charts

An annotated edition of Mein Kampf, Adolf Hitler's notorious manifesto, has become a non-fiction bestseller in Germany.

News agency DPA reported that 85,000 copies of the book have been sold since it was first published a year ago. The 1,948-page book is titled Hitler, Mein Kampf: A Critical Edition.

It is published by the Munich-based Institute for Contemporary History, which spent years adding comments to Hitler's original text in an effort to highlight his propaganda.

Before it expired at the end of 2015, Bavaria's finance ministry had used its copyright to prevent the publication of new editions in Germany. THE ASSOCIATED PRESS

PRANK

Security out to stop a Hollyweed sequel

Days after a prankster scaled a fence and altered the iconic Hollywood sign to read "HOLLYWeeD," the agency that maintains and secures landmark said it will explore boosting security.

Chris Baumgart, chairman of the Hollywood Sign Trust, said he plans to meet with police officials to be debriefed on the matter and explore ways to prevent similar acts.

"The surveillance system is like a chain," Baumgart told the LA Times. "The chain is only as good as its weakest link, so as we study this — the prankster coming in, how he (or) she slipped through — we will determine this week where the link was that was weak, then we will upgrade there."

Police began investigating after a person used giant tarps to turn two of the iconic sign's white O's into e's sometime on New Year's Eve or early New Year's Day.

The prankster, dressed in black, was recorded by security cameras and could face a misdemeanour trespassing charge, officials said Sunday. However, police have called off a search for suspects.

Investigators determined the sign had not been damaged, police spokesman Sal Ramirez said.

The person scaled a protective fence surrounding the sign above Griffith Park and then clambered up the giant letters to drape the coverings, officials said. In 2014, the city replaced an old T-bar gate with a wrought-iron fence to keep trespassers out of the park and away from the Hollywood sign at night.

In recent years, residents in adjacent Beachwood Canyon have pushed to close access to the sign. They complain that tourists, hikers and motorists clog the narrow, winding road leading to the sign.

About 35 cameras are positioned to monitor the sign and surrounding areas, and a police officer sits in a guard house around the clock, Baumgart told the newspaper.

The prank may have been a nod to California voters' approval in November of Proposition 64, which legalized recreational marijuana, beginning in 2018.

Hikers and tourists in the hills spent Sunday morning snapping photos of themselves in front of the altered sign before park rangers began removing the tarps.

Forty-one years earlier to the day — Jan. 1, 1976 — a college student similarly altered the sign, using curtains to make it read "HOLLYWEED."

His change coincided with the first day that California classified possession of up to one ounce of marijuana as a misdemeanour, rather than a felony.

THE ASSOCIATED PRESS

Hollywood turns to Hollyweed. GENE BLEVINS/AFP/GETTY IMAGES

metro WHEELS
Your essential daily news

Lamborghini's Urus SUV to be brand's first plug-in hybrid

The best vehicle that FCA builds

REVIEW

Yeah, you read that headline right — this minivan rules

Craig Cole
AutoGuide.com

The Chrysler Pacifica minivan launched in 2016 replaced the long-running Town & Country nameplate. Despite riding atop an all-new platform and offering more features than ever, I must confess that my hopes weren't very high for this family hauler.

But as the old saying goes, "When you assume you make an ass out of you and me," I'm happy to report my fears were completely unfounded because this is the best vehicle FCA builds.

Let that soak in for a moment. I'm declaring that its latest minivan is better than the ever-popular Jeep Wrangler, stupid-fast Hellcat cars and even the 505-horsepower Alfa Romeo Giulia Quadrifoglio, which, admittedly, I've yet to sample. Yeah, you read that right.

Its body brings new style to a staid segment. Resembling a pumped-up 200 sedan, this minivan's bodywork has a sculptural elegance to it; a breadbox on wheels it most certainly is not.

Smoothly flowing lines fill this van's interior as well. Most of the Pacifica's cabin is made of hard plastic, but the graining is upscale and everything well built. No obvious fit-and-finish anomalies were spotted in my test model.

Pop open a sliding bin on the dashboard or centre console and they roll like they're on ball-bearing slides; their motion is eerily friction free, something that exudes quality.

The 2017 Chrysler Pacifica is built on an all-new architecture that's supposedly the stiffest and lightest in its class, attributes that contribute to the reduced intrusion of noise and harshness. While in motion, there are no jiggles or rattles to cheapen the experience. Everything is tight and solidly built; you can tell the people who screw it together in Windsor, Ont., really care.

Chrysler's ingenious Stow 'n Go second-row seats remain and are still a marvel of mechanical engineering, folding, tumbling and dropping into the floor with the simple pull of a strap. When people aren't on your manifest, the Pacifica offers nearly 3,993 litres of interior volume.

In their upright and locked position, those second-row seats are extremely comfortable, offering plenty of knee and headroom with a lower cushion that's nicely elevated off the floor.

The Pacifica is motivated by a familiar friend, FCA's versatile and refined 3.6-litre Pentastar V6. As smooth-running as ever, it sports a raft of enhancements for 2017 including two-stage variable valve lift and cooled exhaust-gas recirculation. A nine-speed automatic is the only transmission offered but don't worry, it's smooth and speedy, swapping ratios without any fuss, which is exactly the way it's supposed to function.

THE CHECKLIST | 2017 CHRYSLER PACIFICA

THE BASICS

Engine: 3.6-litre V6
Output: 287 horsepower, 262 lb-ft
Transmission: Nine-speed automatic
Fuel Economy (L/100 km): 12.9 city, 8.4 highway, 10.9 combined
Price: Starts at $45,740

LOVE IT

- Comfortable accommodations
- High-quality interior
- Powerful drivetrain
- Fuel efficiency
- Smooth ride
- Versatility

LEAVE IT

- Flat, lifeless front seats
- Gets expensive with add-ons

4 THINGS THAT MAKE THE TOYOTA TACOMA TRD PRO SPECIAL

The new 2017 Toyota Tacoma already sets itself apart with its unique off-road components, but let's take a look at exactly what makes the new TRD Pro different from the regular Tacoma. **STEPHEN ELMER/AUTOGUIDE.COM**

1 Unique suspension

The Tacoma uses a brand new set of Fox internal bypass shocks that are position sensitive, which allows for a tight setup on the road and a plush suspension that soaks up the bumps when you leave the road. New spring rates, specially tuned leaf springs, and a one-inch lift complete the package.

2 Heritage-inspired looks

Toyota knows that its special models should look the part, and this Tacoma doesn't disappoint. The heritage-inspired grille that reads 'TOYOTA' is a personal favourite, while blacked out, thick TRD Pro badges offer a tough look.

3 LED lights

To allow for some night-time adventures, Toyota teamed up with Rigid Industries, which installed a set of LED off-road lights on the front of the TRD Pro. They may look small, but they can pack a pretty good punch after dark.

4 There's a manual!

For those few looking specifically for a manual off-roader, Toyota has you covered, pairing the TRD Pro's 3.5-litre V6 with either a six-speed automatic or a six-speed manual. Best of all, the gate on the manual is fairly notchy, feeling good in your hand.

Obama's (motorcade) seat still available

TECHNOLOGY

Ford to debut driverless car

Ford is charging ahead in its goal to make a driverless car and will debut an updated version of its Fusion Hybrid development vehicle next month. Ford says the technology is getting closer to production levels and will debut next-generation updates for its driverless car at the Consumer Electronics Show in Las Vegas and at the North American International Auto Show in Detroit in early January.

JODI LAI/AUTOGUIDE.COM

COLLECTORS

$1M Hot Wheels collection — crazy or crazy cool?

Bruce Pascal is an American diecast diehard whose toy collection exceeds $1-million U.S. Recently profiled on Barcroft, Pascal admitted he has well over 3,000 Hot Wheels and that he is hoping to raise the profile of the collectibles, likening them to fine art rather than mere toys. Pascal says he'd like to one day open a museum dedicated to Hot Wheels.

SAMI HAJ-ASSAAD/AUTOGUIDE.COM

WHEELS ROUNDUP

News driving the auto industry brought to you by AutoGuide.com

RANDOM

Pair of Obama's chairs can be yours

In what might be the most random slightly automotive-related thing to ever pop up in our inboxes, a pair of chairs from U.S. President Barack Obama's campaign motorcade are up for auction. The two chairs were personally used by the President during the 2008 presidential campaign and are expected to be sold for upwards of $6,000. The two chairs are embroidered with Obama's campaign logo, are pillow cushioned, and set on circular wooden swivel bases. "Obama's world essentially revolved around these two chairs," says a letter from Premiere Transportation, the company that rented the motorcade vehicles to the Obama Campaign. The letter goes on to say that President Obama conducted major campaign business from these chairs, and even took naps in them from time to time. JODI LAI/AUTOGUIDE.COM

FORD

First functional GT prototype up for auction

The very first brand new Ford GTs have just been delivered, but nostalgia for its predecessor is still strong, making this auction car a very special one.
The very first functional Ford GT prototype that was built in 2003 and was inspired by the legendary Ferrari-crushing GT40s that won Le Mans in the late 1960s is up for auction by Russo and Steele in Scottsdale. The car, nicknamed CP-1 for Confirmation Prototype 1, is the very first Ford GT prototype to be fully functional, meaning it was the first one with a working engine, drivetrain, and full interior.

JODI LAI/AUTOGUIDE.COM

etr SPORTS

The Vikings say the pair who hung from the rafters in protest of the Dakota Access pipeline entered U.S. Bank Stadium with tickets on Sunday

Canucks benefiting from Baertschi's revival

NHL

Swiss forward has 11 points in 10 games since his benching

It was a move Sven Baertschi didn't like much at the time, but one the Vancouver Canucks winger says probably did him a whole lot of good.

After finishing an ugly minus-3 with no shots on goal in a 4-2 defeat at Florida last month, head coach Willie Desjardins plunked the talented winger in the press box the following night to give him some perspective.

The Canucks went on to lose that one 3-0 in Washington, but going from the second line to a healthy scratch opened Baertschi's eyes.

"Coming back after that I had a bit of attitude in my game because no one wants to sit out," said the 24-year-old. "I felt like I was letting the team down there. I came back after and started playing really well."

The Swiss forward responded with a goal and an assist in Vancouver's next outing, and has six goals and five assists in 10 games since his return to the lineup. All told, Baertschi has 10 goals and 12 assists in 36 games after putting up 28 points (15 goals, 13 assists) in 69 games in his first full NHL season.

"I think our team game overall has been really good and it's been helping me," said Baertschi, who was acquired from Calgary for a second-round pick at the 2015 trade deadline. "I've just been trying to feed off that and am obviously playing with some confidence right now."

The Canucks (18-18-3) have won four straight for the first time since opening the season 4-0-0 and are 6-2-1 over their last nine thanks in part to Baertschi's revival.

"As soon as that happened he's taken off again," said linemate Bo Horvat, who is tied for the team lead with 26 points. "I think he had something to prove. He was playing well before that too — maybe a few rough games here and there.

"He came back and he's been playing some of the best hockey I've seen him play."

It wasn't that Baertschi was performing poorly in the lead-up to getting scratched — he was pointless in three straight but had scored in two out of the previous three — it was that Desjardins noticed some of the trends that led to a slow start last season start to creep back into his game.

"I didn't take him out of the lineup because I didn't think he was a good player," said Desjardins. "I never thought that. I've always said he's a good player. He's got good skill."

Baertschi scored twice in Monday's 3-2 victory over Colorado, including the winner on a late man advantage, a result that brought the Canucks to within a point of the Western Conference's second wild-card spot heading into Tuesday's action.

"I'm getting lots of shots and I get to feel the puck a lot," Baertschi said of his time on the power play. "It's just understanding where to go and finding the open ice." THE CANADIAN PRESS

Sven Baertschi, left, celebrates scoring a goal with Troy Stecher during a game against the Wild on Nov. 29. DARRYL DYCK/THE CANADIAN PRESS

SCHEDULE

The Canucks host lowly Arizona on Wednesday before welcoming Calgary, which occupies the West's first wild-card berth, on Friday in the front end of a back-to-back as they look to continue their post-Christmas surge.

WORLD JUNIORS

Canada coach: Pressure's on Sweden

Canadian coach Dominique Ducharme wants to see what Sweden is made of.

The Swedes didn't see much adversity as they rolled off five straight wins to start the world junior hockey championship, and Canada will be their biggest test yet when they meet in a semifinal on Wednesday night Montreal.

"It's one game and we'll be ready for it," Ducharme said Tuesday. "We can beat them.

Dominique Ducharme THE CANADIAN PRESS

"They're a good team. They showed in the last 10 years that they're really good in the first round but they have (found) ways to lose when things get tougher and we want to make it tough on them. We'll see how they react to pressure."

The winner advances to Thursday's final against either Russia or the United States at the Bell Centre.

The Swedes have emerged as a favourite with a highly skilled team led by a top line with Alexander Nylander and Joel Eriksson Ek, who both started the season in the NHL, along with gritty Carl Grundstrom.

But being good hasn't always translated into gold for the blue and gold. This year, they extended their streak to 40 straight wins in group stage games at the world juniors — 10 perfect 4-0 records in a row. But they have only one gold medal in 2012 to show for it. They settled for four silvers over that span and finished out of the medals the last two years. THE CANADIAN PRESS

"To be here now is satisfying, but it's not what we want. The gold medal is what we want.

Team Canada forward Mathew Barzal

SOCCER

Lawrence headed to France with PSG

After a stellar collegiate career and fine Olympic showing, young Canadian soccer star Ashley Lawrence is going to test herself against the best in Europe.

The 21-year-old fullback-midfielder from Toronto, who has 46 caps for Canada, has signed with renowned French club Paris Saint-Germain through June 2019.

"Ashley is one of the most promising young players in the world under 22 years of age at her position," Olivier Letang, PSG's sports director, said in a statement. "It's very satisfying to see her sign for us looking to continue her development and show her talents to the Parisian fans." THE CANADIAN PRESS

Ashley Lawrence GETTY IMAGES

IN BRIEF

Blue Jackets within one win of streak record

Cam Atkinson and William Karlsson scored power-play goals and the Columbus Blue Jackets beat the Edmonton Oilers 3-1 on Tuesday night to extend their winning streak to 16 games — one away from the longest ever in the NHL.

Nick Foligno also scored for the Blue Jackets, who can tie the 1992-93 Pittsburgh Penguins with a victory Thursday night at Washington.

THE ASSOCIATED PRESS

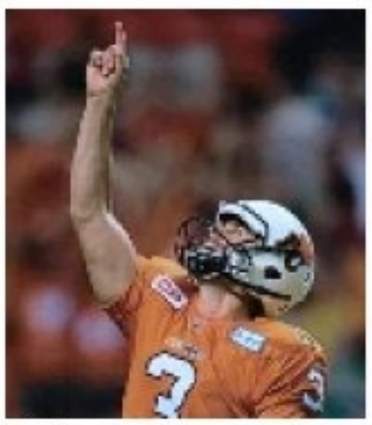
CFL

Lions give Leone leg up on kick at NFL

The B.C. Lions announced Tuesday they have granted punter Richie Leone early free-agent status to pursue a contract in the NFL.

The 24-year-old, who joined the Lions in 2015, was a CFL West Division all-star the last two seasons.

Leone led the league with a 49.3-yard punt average in 2016, often flipping field position with his towering boots. He also finished sixth in kickoff average at 65.0 yards. THE CANADIAN PRESS



Richie Leone THE CANADIAN PRESS

Thompson eyes Crystal Globe

SKI CROSS

Big Air Mar says she's been training hard for World Cup

Vincent Man
Metro | Toronto

What does one of the world's top skiers ask Santa for at Christmastime?

More success, naturally.

After winning the World Cup Cross Alps Tour by finishing first in three of six ski cross races last month, Marielle Thompson still has her sights set on the Crystal Globe as the season's overall champion.

Alas, she'll have to wait for the end of the ski cross calendar.

"The season's not over," Thompson told Metro in a telephone interview over the holidays from her hometown of Whistler. "My main goal this year was to win the World Cup overall, so that's still No. 1 on my radar. The Alps Tour was just confirmation that I'm on the right path.

Marielle Thompson with the Crystal Globe in March 2014. GETTY IMAGES

"Winning the Crystal Globe is still No. 1 on my list, so I have to keep skiing well and getting the results to stay on top."

With the goal of securing her third overall season title, the 24-year-old known as "Big Air Mar" is continually working on improving her skill set. And much of that process for Thompson happens off the hill.

A proponent of watching videos of ski cross races, she looks for any technical tactic she can implement to get her to the finish line quicker.

"To be good at ski cross you have to be a big student of the game," Thompson said. "I definitely admire many of my male teammates because they're such great athletes. I watch them in their training runs and then on video and I'm able to learn from watching.

"For us, our coaches are obviously filming the top athletes and our Canadian athletes so we really do watch a lot after skiing and seeing what other people are doing and what we can improve upon. I definitely think it's very important. Everything that happens off the hill is almost as important as on it."

To that end, Thompson has also dedicated herself in the gym, even "on those days when it's a grind." Since debuting on the World Cup scene in 2010, she says she has grown considerably stronger and has that to thank for her fast starts.

Thompson is known to be quick out of the starting gates and, from the lead position, able to fend off challengers.

"In the beginning I wasn't too quick out of the gate, I didn't have the strength to pull my body out quickly," she said.

"With our conditioning coach here in Whistler, we've really built up (my strength) these past few seasons. We have fitness testing every spring and in the fall and I keep improving so I can only get better."

Marielle Thompson skis to first place in the **FIS World Cup ski cross** on Dec. 13, in Arosa, Switzerland. LAURENT SALINO/AGENCE ZOOM/GETTY IMAGES

> To be good at ski cross you have to be a big student of the game.
> Marielle Thompson

The ski cross circuit resumes in Watles, Italy, where a pair of races will take place on Jan. 14 and 15. One of Thompson's four victories during the 2015-16 season came at Watles.

Big Air Mar won her Crystal Globes in 2012 and 2014 — a year in which she also won the gold medal at the Olympics in Sochi, Russia. She was in contention for another season title last year, but fell a spot short.

"I don't like being second," Thompson said. "Having been on top, I want to be there again and stay there. I know I can. I've been skiing well this year and I think I can carry that momentum into the rest of the season. It would just be the cherry on top of the cake."

If she does keep up her pace, she'll get more than dessert — she'll be celebrating Christmas again in March.

SKI FOR LESS

Celebrating National Ski Day with lift ticket sales

National Ski Day takes place on Jan. 14 in support of Canadian ski teams. A total of 17 resorts will participate with special promotions and discounted lift tickets.

"I think it's great to get the skiing community together across the country just to bring awareness to how fun it is because some people never get the opportunity," said Thompson, who had the chance to ski with her father over the holiday break.

"At the reduced rates that so many resorts are offering, it's a great opportunity for people who might not necessarily be able to afford it every day of the year."

Go to alpinecanada.org/nationalskiday for more information.

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WORLD CUP SLALOMS

Shiffrin not fazed by end to win streak

Mikaela Shiffrin's seven-race winning streak in women's World Cup slaloms came to end Tuesday in Zagreb, Croatia, leaving the American one short of the record for most consecutive victories in the discipline.

Shiffrin's rare early exit in the first run allowed Veronika Velez Zuzulova to claim her fifth career win. The Slovak had ended runner-up to Shiffrin in the previous three slaloms.

With a win Tuesday, Shiffrin would have matched the best mark of eight straight victories set by Swiss great Vreni Schneider in 1988-89 and Croatian skier Janica Kostelic in 2000-01. But the Olympic and two-time world champion was quick to consider the positives.

Mikaela Shiffrin GETTY IMAGES

"I was never thinking about the streak in the beginning until people started talking about it," Shiffrin said. "To be honest it is a bit of a relief because nobody is going to talk about it anymore."

Never showing much interest in chasing records, Shiffrin still felt sorry about her early exit — though not for herself.

"It's huge for U.S. ski racing to have somebody who has something like a big streak going on. People start to gain interest," Shiffrin said. "But for me, I am not doing this for those records. I am doing this for myself. I try to find peace in my own heart. I am on my way there."

It was the first time in more than four years that Shiffrin failed to finish a slalom race.

THE ASSOCIATED PRESS

MAKE IT TONIGHT

Winter White Chili

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

We've paired traditional spices with chicken to create this twist on a classic chili that still delivers on comfort and flavour.

Ready in 55 minutes
Prep time: 10 minutes
Cook time: 45 minutes
Serves 4

Ingredients
- 1 lb. chicken breast, cut into inch cubes
- 1 onion, diced
- 2 or 3 garlic cloves, minced
- 2 x 14 oz cans of cannelini beans
- 2 cups low-sodium chicken stock
- 2 Tbsp lime juice
- 1 tsp cumin
- 1 tsp oregano
- 1 Tbsp chili powder
- 1 cup Greek yogurt
- salt and pepper to taste
- 1/3 cup fresh cilantro for garnish

Directions

1. Brown chicken over medium heat in small batches — don't worry about cooking it through, just get some nice colour going.

2. Remove from pan and place on a plate. Set aside.

3. Sauté onions and garlic until they start to smell fantastic. Now add spices and let cook for a minute or two. Add beans, broth and mix in the chicken. Let simmer 20 minutes.

4. Turn heat down and stir in yogurt. Add lime juice and have a taste to check the seasoning. Add a little salt and pepper if it needs it.

5. Serve with a good sprinkling of cilantro.

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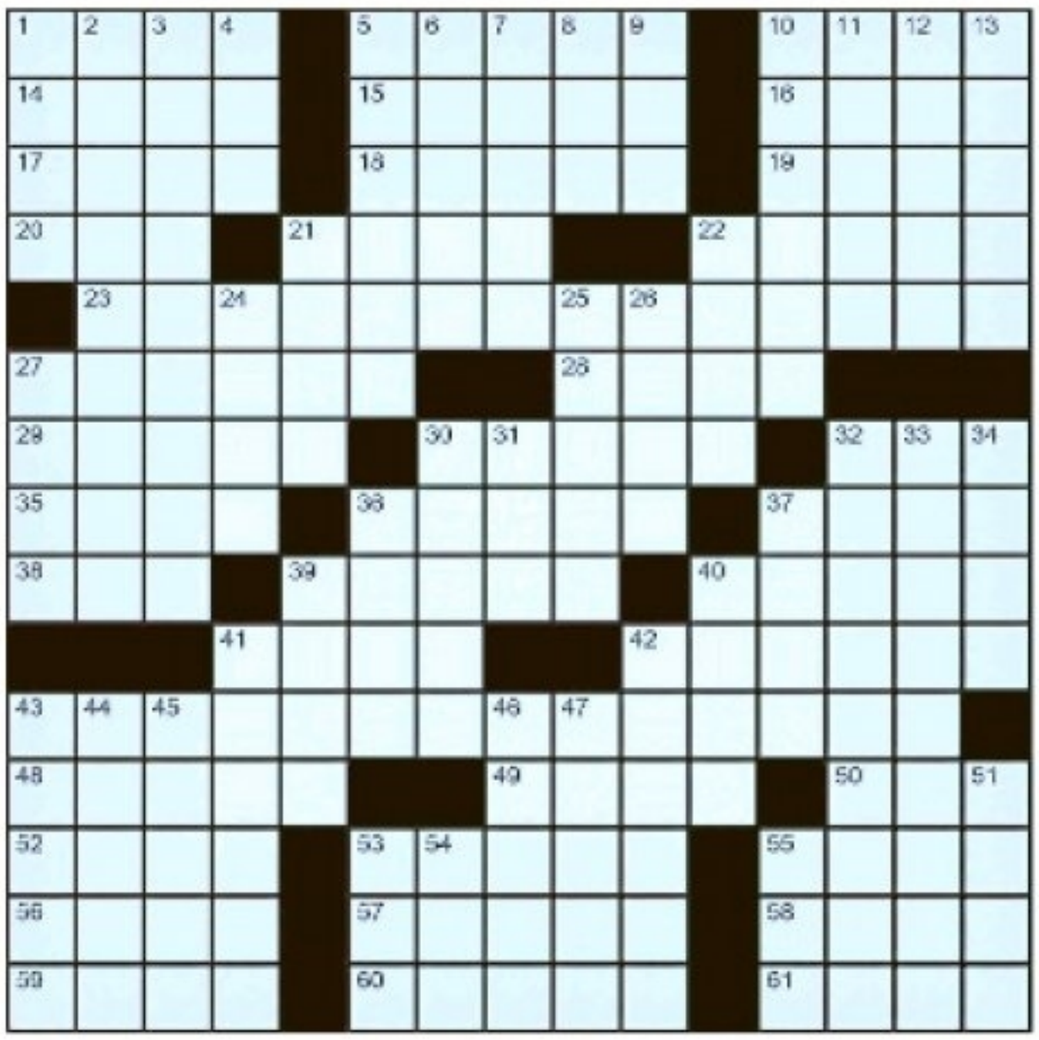
CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Twain-of-tunes' trophies, tiny-ly
5. Arlene and Roald
10. Web letter category
14. Nectar-y necklaces
15. The __ (Diner's daily order)
16. Yarn
17. French 101 verb
18. __ journalism (Reporting style popularized by Hunter S. Thompson)
19. Up to the task
20. URL's helpful area
21. Capital of Greenland
22. "Sky __" by Eric Burdon & The Animals
23. Recreational community of northwest Saskatchewan between Churchill Lake and Little Peter Pond Lake: 2 wds.
27. Sheep's coat characteristic
28. Stevie Wonder's "__ Made to Love Her"
29. High: Latin
30. Danny __ (Season 8 "American Idol" top three finalist in 2009)
32. Belonging to Winnipeg's prov.
35. Contends
36. Jimmies
37. #50-Across' casual opposite
38. "Layla" singer's initials-sharers
39. Drills and crowbars
40. __ Rica
41. Phonetic alphabet's last letter
42. Melting snow's state
43. Shots taken at the commencement of fitness overhauls: 2 wds.
48. Food-preparer's wear
49. Concrete hunk
50. "Uh-uh."
52. Sonic sound
53. Prefix with 'continental'
55. 'Snow house' in Inuktitut
56. Edge tool
57. Grinding tooth
58. Becomes
59. Visionary
60. Magical being in a John Keats 'Song'
61. Industrial city in Russia

DOWN
1. Music staff symbol
2. BMR = Basal __ Rate (Resting body's calories-burning expenditure)
3. Speaker's fingers-created marks indicating irony or sarcasm: 2 wds.
4. Opposite NNW
5. Sudbury-born hockey great Ron
6. Nary __ (Nobody)
7. Elvis: "A Big __ _' Love"
8. __-_-Boy (Reclining brand)
9. __-mo replay
10. Tiered steps
11. Mr. Picasso
12. Grant
13. Track events
21. Belonging to the Dallas Cowboys org.
22. Hope the heavens will hear
24. Wintertime wellness woes
25. Brand name running shoes
26. Venerations
27. Surfer's need
30. Band
31. Vinegar's salad pal
32. Courier
33. They create a spa-like experience: 2 wds.
34. Single-horse carriage
36. South __
37. Elton: "__ Song"
39. Swivel
40. Health __
41. 45-plus-people Canadian magazine
42. 1889 Vincent van Gogh painting, The __ Night
43. Rum cakes
44. Lyric†poem
45. Did this in the sub-zero weather
46. Basketry fibre
47. Well-defined
51. Shed the corn's shell
53. Global currency org.
54. Q. "Does 'B' come first?" A. "__, '_' does."
55. OneRepublic's "Wherever __"

✷ IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

♈ **Aries** March 21 - April 20
Because you make such a good impression on bosses, ask for what you want. They might say "no" — but then again, they might say "yes."

♉ **Taurus** April 21 - May 21
Travel plans appeal to you now, because you need a change of scenery. Do whatever you can to get out of town, even if it's just a short trip.

♊ **Gemini** May 22 - June 21
It's time to address red-tape details that we like to avoid. Get out those boring-looking papers and wrap up loose ends with taxes, debt, inheritances and insurance issues.

♋ **Cancer** June 22 - July 23
Remember to get more sleep this month. Some of you have felt increased tension from encountering ex-partners.

♌ **Leo** July 24 - Aug. 23
Continue to do whatever you can that makes you feel on top of your game. Make lists. Get up early. Try to be efficient and productive, because this is what will please you.

♍ **Virgo** Aug. 24 - Sept. 23
This is a playful time! Lucky Virgos are on vacation. Perhaps you can be a tourist in your own city? The bottom line is to have fun and enjoy yourself.

♎ **Libra** Sept. 24 - Oct. 23
Grab every opportunity to cocoon at home, because you need to buffer yourself from the busy world around you. Of course, your work continues to make demands of you.

♏ **Scorpio** Oct. 24 - Nov. 22
You have a strong sense of wanting to talk to others or enlighten someone about something. This influence will help those of you who sell, market, teach, act or write.

♐ **Sagittarius** Nov. 23 - Dec. 21
You're giving lots of thought to your earnings now, because you need the money in order to follow through on your plans. Many of you are renovating and redecorating where you live.

♑ **Capricorn** Dec. 22 - Jan. 20
This is a strong time for you, which is why you need to make the most of it. Use the important contacts that come your way to push your own agenda forward.

♒ **Aquarius** Jan. 21 - Feb. 19
Although you want to work behind the scenes and keep a low profile, you are focused on money and cash flow right now. Some kind of research will pay off.

♓ **Pisces**
Feb. 20 - March 20
This is a popular time for you. Accept this and enjoy the company of others. In fact, your interactions with others will benefit you.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

6		2				7		8
	4			8			9	
		9	7	1	5	4		
		8	6		4	2		
	9	4				1	8	
		6	8		1	5		
		7	1	3	9	8		
	8			6			7	
9		3				6		5

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6	9	3	1	8	4	7	2	5
2	1	5	3	7	6	8	4	9
4	8	7	2	5	9	6	3	1
5	3	6	4	1	8	2	9	7
8	7	2	9	3	5	1	6	4
9	4	1	7	6	2	3	5	8
3	5	8	6	4	7	9	1	2
7	6	9	5	2	1	4	8	3
1	2	4	8	9	3	5	7	6

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– L. Mortimore, Associate Manager, Human Resources, Surrey School District

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